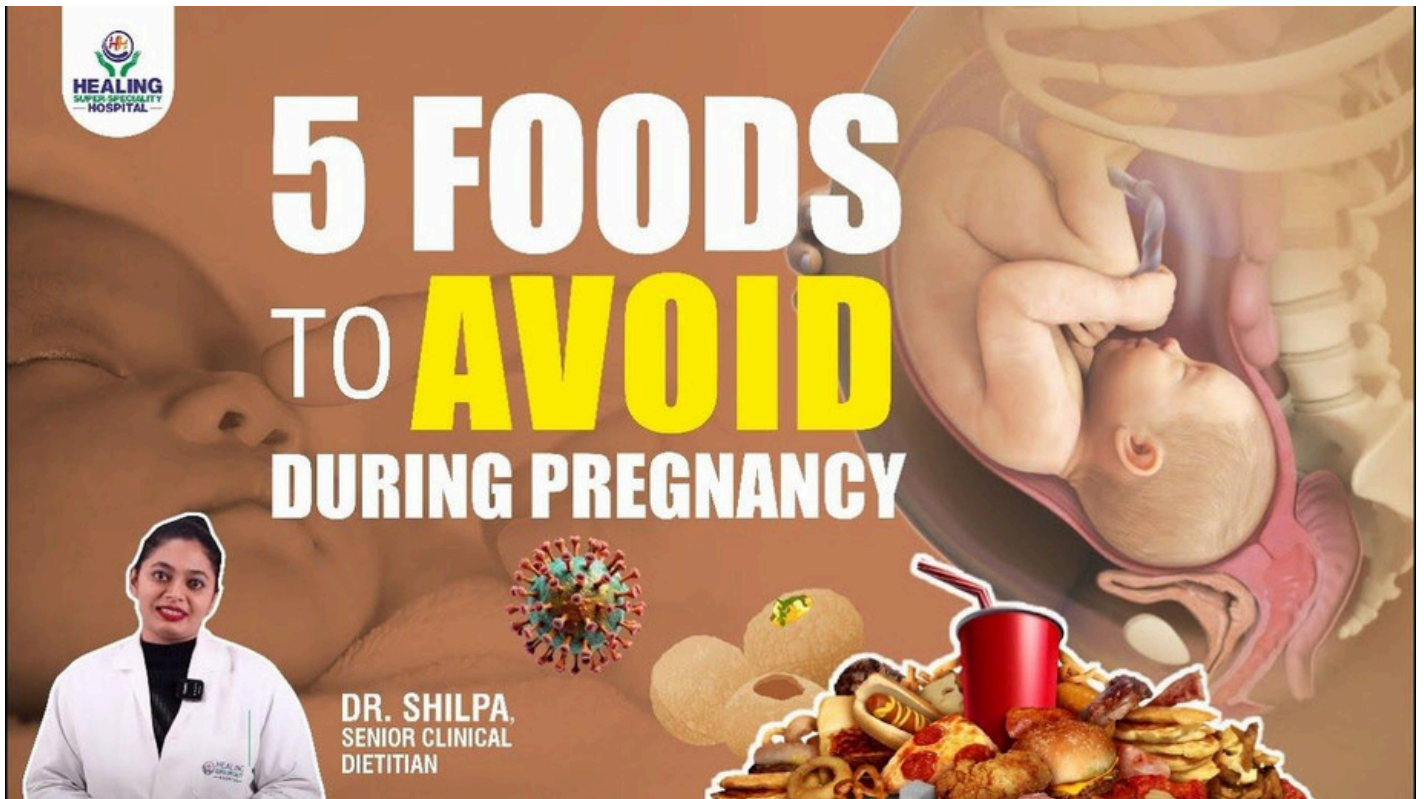




Foods To Avoid during Pregnancy and What To Eat instead | Healing Hospital Chandigarh



In today's informative [video](#), Dr. Shilpa Gupta, a senior dietitian at Healing Hospital, Chandigarh, shares crucial information on "5 Foods to Avoid During Pregnancy for Your Baby's Health." Pregnancy is a beautiful journey, but it comes with the responsibility of making healthy food choices to ensure the wellbeing of your baby.

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13 साल का
कमर दर्द खत्म
1 Endoscopic Spine सर्जरी
3 दिन में
Normal ज़िन्दगी

The advertisement features a man in a blue shirt holding his lower back, with a glowing spine graphic overlaid. To the right, an older man in a white shirt sits in a chair, pointing towards the text. The background is a dark teal color.

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